
Overview

This standard covers informing an individual – and any friends, family or other companions they wish to involve in the discussion - that tests show they have Type 1 diabetes.

Users of this standard will need to ensure that practice reflects up to date information and policies.

SFHDiabTT03

Inform individuals of a diagnosis of Type 1 diabetes

Performance criteria

You must be able to:

- P1 explain the diagnosis accurately, based on the information available to you, including any areas of uncertainty which may require further tests
- P2 ask the individual for their immediate reactions to what you have said and give them time to ask questions and to discuss their concerns
- P3 confirm the individual's understanding of the information you have given them, and correct any misunderstandings in a manner which shows sensitivity to their feelings
- P4 discuss the immediate priorities for managing the individual's condition, and the nature of the actions that the individual and the health care team need to undertake
- P5 agree the next steps that the individual and the care team will take
- P6 provide appropriate written information about diabetes for the individual and their companions
- P7 identify the named contact and tell other members of the wider care team who are likely to be working with the individual in the immediate future about the information you have given to the individual, to ensure consistency
- P8 make an accurate record of the information you have given to the individual, which can be followed by other members of the care team, the individual and the carer

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 causes of diabetes
- K3 the signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose, HbA1c and ketones values
- K5 how to monitor glucose levels, HbA1c, ketones and blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs
- K14 the effects of, and how to manage, intercurrent illness
- K15 how to avoid and how to manage hypoglycaemia
- K16 the use of insulin to manage diabetes
- K17 other medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 relevant professional guidelines, standards and codes of professional conduct
- K24 the law and good practice guidelines on consent
- K25 your role in the healthcare team and the role of others
- K26 legal frameworks concerning prescribing
- K27 local guidelines on diabetes healthcare
- K28 local referral pathways
- K29 local systems for recording patient information
- K30 audit and quality assurance systems
- K31 the process of notification for legal and insurance purposes
- K32 sources of practitioner and patient information on diabetes
- K33 contact details of local and national support groups
- K34 how individuals can access facilities for exercise and physical activity, education and community activities

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: Core 1 Communication

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